

MATHER
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DIAL UP FRESH TOPICS TO ENLIGHTEN YOUR DAY WITH
MATHER TELEPHONE TOPICS.



RIGHT, WRONG, OR JUST DIFFERENT?
*Jeanne Roppolo, Author,
Storyteller & Motivational Speaker*
Wednesday, February 26, 1:00 p.m. CT
Travel the world with Jeanne as we explore the beliefs and practices of people in other cultures.

MATHER TELEPHONE TOPICS

Register in advance by calling (888) 600.2560 or emailing teltopics@mather.com.

At the time listed for the program, dial in from any phone . . . and enjoy. All calls are FREE!

FEBRUARY 2020

Meditation

*Susan Wilkens, Yoga Instructor,
Dancing Cranes*

**Monday, February 3, 10 & 17
12:00 p.m. CT**

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your "happiness factor"!

Girl Singers of the 1950s

Heather Braoudakis, Vocalist

**Monday, February 3
1:30 p.m. CT**

Heather sings songs of favorite female vocalists of the '50s, including Doris Day, Dinah Shore, Patti Page, Judy Garland, and Teresa Brewer.

Caregiving & Creativity Chat

*Sharon Smith, Possibilities Coach,
Mather & Ruthe Guerry,
Art Therapist*

**Tuesday, February 4
11:00 a.m. CT**

Caregivers and care receivers: Learn how to relieve stress through creativity exercises and get resources for better self-care.



WINTER WELLNESS

*Lisa Nigro, Wellness Advocate &
Certified Caregiving Consultant*

**Tuesday, February 4
1:00 p.m. CT**

Do you struggle to keep yourself healthy in winter? Let's talk about natural tips and tricks you can use to support your immune system, change your mindset, and keep you healthier.

Winter Wellness

**Tuesday, February 4
1:00 p.m. CT**
See feature left.

Facts about Indiana

*Joe Cunniff, Instructor,
DePaul University*

**Wednesday, February 5
11:00 a.m. CT**

Let's explore interesting facts, fun trivia, and jokes about the State of Indiana. We'll also sing some songs from the Great American Songbook.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather

**Thursday, February 6
11:30 a.m. CT**

Here's your chance to give your opinion on specific topics you liked and didn't like, what you'd like to hear more about, or even topics you'd like to present.

REGISTER AT (888) 600.2560 OR
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INTERACTIVE TALKS, EXERCISE, PERFORMANCES, LECTURES, AND MORE

All programs are central time (CT).


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Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, February 7

1:00 p.m. CT

Hear a master storyteller read a thought-provoking short story, followed by discussion.

Chair Yoga

Tom Wilkens, Yoga Instructor, Dancing Cranes

NEW TIME! Monday, February 10 & 24, 2:00 p.m. CT

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Make an Impact

Kate Marrs, Presenter

Tuesday, February 11

11:00 a.m. CT

How we live our lives makes all the difference in our world. We'll learn how our personal values affect our choices in life.

Sammy Davis Jr.

Wednesday, February 12

11:00 a.m. CT

See feature right.

Game Time with Jeanne: True or False

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, February 12

1:00 p.m. CT

Consider some facts about extraordinary people, unique structures, exotic plants, unusual animals, and unbelievable events. All interesting, but are they true?



SAMMY DAVIS JR.

Brian Salgado, Presenter

Wednesday, February 12

11:00 a.m. CT

Hear about the life and career of this great American singer, musician, dancer, actor, vaudevillian, impressionist, and activist.

Julia Roberts

Rich Lang, Media Historian

Thursday, February 13

11:00 a.m. CT

Rich will discuss the life and career of Julia Roberts, perhaps best known for her role in *Pretty Woman*.

Why Good Posture Matters

Paige Corley, Certified

Personal Trainer

Thursday, February 13

1:00 p.m. CT

Learn about posture and its overall effect on the body. Does it also affect our emotions and brain health?

Simply Strong

Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach

Friday, February 14

11:00 a.m. CT

Join us for a guided strength-training routine that can be done in the comfort of your home.

Storytelling with Megan

Megan Wells, National Touring Storyteller, 2016 Oracle Winner

Friday, February 14

1:00 p.m. CT

Hear a master storyteller read a thought-provoking short story, followed by a discussion.

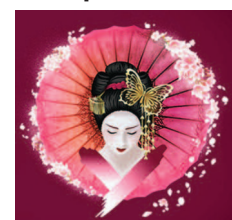
Opera Lovers: Puccini's Madama Butterfly

Karen Jared, Opera Lovers

Lecture Corp

Tuesday, February 18

1:00 p.m. CT



Hear an enchanting love story that reaches across cultures and time.

Revel in the beautiful music of the wedding-night duet, the humming chorus, and "One Fine Day."

Can You Still Do That on Television?

Walter Podrazik, Author,

Watching TV: Eight Decades

of American Television

Wednesday, February 19

11:00 a.m. CT

Wally presents a John Cleese appreciation from Basil Fawlty to silly walks.

Home Makeover Like a Designer

Karen Carpino, Registered

Interior Designer

Thursday, February 20

11:00 a.m. CT

Learn some techniques designers use to organize and rearrange home furnishings in order to make over your rooms and create a new look for your home.

Active Adult Exercise

Paige Corley, Certified Personal Trainer

Thursday, February 20

1:00 p.m. CT

Join Paige as she leads us for a 45-minute monthly session of seated and standing exercises that will boost your mind and body!

Patricia Nixon

Ricki Saady, Presenter

Friday, February 21

11:00 a.m. CT

Learn the story of First Lady Pat Nixon. She was at one time the most-traveled First Lady in US history.

Storytelling with Michael

Michael Menendian,

Theater Director

Friday, February 21

1:00 p.m. CT

Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

Time for Us: Let's Chat!

Monday, February 24

11:00 a.m. CT

See feature above.



TIME FOR US: LET'S CHAT!

Kate Marrs, Presenter

& Lisa Evans, Mather

Monday, February 24

11:00 a.m. CT

Join an uplifting chat about thoughts and experiences from your world.

More Everyday Heroes & Extraordinary People

Kate Marrs, Presenter

Tuesday, February 25

11:00 a.m. CT

Hear more stories about the actions of individuals making a difference in other people's lives. Tune in for more inspiration and ways to make a difference.

What's Hot in the News

Judy Lear, Activist

Tuesday, February 25

1:00 p.m. CT

Judy recaps the past month's national issues and news events and asks for your input.

Chair Ballet Stretch

Jeanine Dent, Instructor

Wednesday, February 26

11:00 a.m. CT

Learn stretching and strengthening techniques using ballet positions, focusing on hip flexors, core strength, and spinal alignment.

Right, Wrong, or Just Different?

Wednesday, February 26

1:00 p.m. CT

See back cover.

Jon Voight

Rich Lang, Media Historian

Thursday, February 27

11:00 a.m. CT

Rich will discuss the life of this American actor known for his roles in *Midnight Cowboy*, *Deliverance*, *Coming Home*, and other major films.

Doctor Visit? You Got This!

Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach

Friday, February 28

11:00 a.m. CT

Effective communication between you and your doctor is vitally important for receiving great care. Learn how to be fully prepared for your next visit to get the most out of your valuable time together.

Storytelling with Will

Will Casey, Theatre Department,

Columbia College Chicago

Friday, February 28

1:00 p.m. CT

Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

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